

STEP-BY-STEP GUIDE FOR A PST REQUEST

Active Duty / Reservist

Submit a "Special Request Chit" through Chain of Command requesting Basic Underwater Demolitions SEAL training.

I.

a. IAW MILPERSMAN 1220-160/1220-100 (Exhibit 8), candidate will submit via fax the following items to Naval Special Warfare Center (NSWC), BUD/S Medical Department, Comm: 619-437-5249/DSN: 577-5249: Download Medical fax cover sheet

(1) SF-88 & SF-93 or DD Form 2807-1 (pages 1 through 3) & DD Form 2808 (pages 1 through 3)

(2) EKG report

(3) Radiology report of chest (PA & LAT)

(4) BUD/S medical screening questionnaire

Note: Ensure NSWC Medical has your Command's address, Career Counselor's e-mail and phone number.

Note: Question concerning your medical package:

Email: [BUD/S Medical](#)

b. Candidate will request Physical Screening Test (PST) via e-mail: [PST Coordinator](#) in the following order:

- (1) Subject line: SEAL PST
- (2) Request screen Location
- (3) Primary screen date
- (4) Full name
- (5) Rank
- (6) SSN
- (7) Ship or station
- (8) Email address of your Career Counselor
- (9) Phone # where you can be reached

Note: 1. PST and interviews can be scheduled for deploying candidates anytime ship is in port

2. Personnel serving overseas will need the contact the Motivators ref (d) to schedule a PST in your area.

d. Confirmation e-mail will be sent to candidate with the following information:

- (1) Date/Time
- (2) Location
- (3) Gear list
- (4) PST Overview

II. Upon Successful completion of the PST

a. Candidate will be interviewed, IAW MILPERSMAN 1220-150.

b. Interview requirement items:

- (1) The original approved special request chit
- (2) Uniform of the day
- (3) Military ID
- (4) Service record
- (5) Medical record